THE PULSE

NEWS OF THE NEW ENGLAND DEACONESS HOSPITAL

VOLUME VI, NUMBER 2 MARCH, 1952

BISHOP JOHN WESLEY LORD ELECTED PRESIDENT

Bishop John Wesley Lord was elected President of the New England Deaconess Hospital by the members of its Corporation at their Annual Meeting on February 19, 1952. Bishop Lord succeeds the late Ernest Grant Howes, who died last October.

The new President of the Deaconess has been Bishop of the Methodist Church in the Boston Area since 1948. A native of New Jersey, he was educated at Dickinson College, Rutgers University, Drew Theological Seminary and the University of Edinburgh, Scotland. In addition to his Trusteeship at the Deaconess, he is a member of the Executive Committee of the Board of Trustees of Boston University.

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BISHOP LORD'S ACCEPTANCE

The following statement by Bishop John Wesley Lord was made upon his accepting the presidency of the Corporation of the New England Deaconess Hospital on February 19, 1952:

"The New England Deaconess Hospital stands as a monument to the courage, faith, and devotion of blue-and-white-clad deaconess nurses of the Methodist Church who, more than fifty years ago, sought to establish an institution of mercy and healing in New England. During the succeeding years of phenomenal growth in services and prestige, those responsible for the hospital have never forgotten this first high source of inspiration.

"It was in this hospital that insulin was first administered for the first time in the United States, and we now have at Deaconess the largest diabetic clinic in the world. Our recently constructed Cancer Research Institute, together with a building specifically equipped for the treatment of cancer, adds further prominence to the work done in the field of cancer. I have selected these as highlights of the general excellence of the ministry of healing at Deaconess.

BISHOP JOHN WESLEY LORD

Photo by William Charles of Beverly

"In accepting the presidency of the Corporation, I consider myself to have become a part of the larger community of Boston. With our country in a state of partial mobilization, the services of this hospital become of increasing national importance. My hope is that, as members of the Corporation and Staff, we shall achieve and maintain the highest possible standard of care for the patients that may come to us."

OFFICERS OF THE HOSPITAL

Three of the officers of the hospital — the Vice-President, Treasurer, and Clerk — were re-elected to serve with Bishop Lord as follows:

President	BISHOP JOHN WESLEY LORD
Vice-President	HOWARD D. BREWER
Treasurer	FRANCIS W. CAPPER
Clerk	VINCENT P. CLARKE

THE PULSE

MARCH, 1952

NEW ENGLAND DEACONESS HOSPITAL
Boston 15, Massachusetts

Supervised by the Personnel and
Public Relations Departments

DR. COOK'S REPORT

Dr. Warren F. Cook, Executive Director, reported at the Annual Meeting on the progress of the $3,500,000 Central Building currently under construction. The steel supports are in place, concrete floors are being poured and the completed building should be ready for occupancy by the end of this year. Its completion will be the culmination of more than ten years of planning. This building will centralize all kitchens, x-ray departments, laboratories, and operating suites, increasing the bed capacity by 25 per cent, making it possible to care for more than 2,000 additional patients each year.

During the year the hospital's new Cancer Research Institute was opened; it is unique in that it combines under one roof cancer research, studies in the use of atomic energy for the treatment of cancer, cancer control and diagnosis, as well as Out-patient Tumor Clinics. Dr. Shields Warren, Medical Director of the United States Atomic Energy Commission, is Medical Director of the Institute. To supplement the work going on in the new Cancer Research Institute, the hospital hopes to install a 2-million volt rotary-type X-ray machine for the treatment of cancer patients. There are only six machines of this particular type in the hospitals of America and its installation will be a notable addition to the Deaconness' cancer therapy equipment.

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NEW TRUSTEES

The following persons have been added to the Board of Trustees:

DR. HAROLD C. CASE
President of Boston University

RALPH LOWELL
President of Boston Safe Deposit and Trust Company

MRS. WILLIAM H. AMES
Brookline, Massachusetts

WILLIAM RAND
Chairman of the Board, Monsanto Chemical Company

EVERETT PERVERE
Vice-President of Howes Leather Company, Inc., Boston

THE REVEREND ERNEST SHEPHERD
State of New Hampshire Board of Health

GEORGE W. LAMB
Springfield Bank for Cooperatives

NEW CORPORATION MEMBERS

New Corporation members are:

THE HON. SHERMAN ADAMS
Governor of New Hampshire

SUMNER T. PIKE
Former Vice-Chairman of the Atomic Energy Commission

WILLIAM RAND
Chairman of the Board, Monsanto Chemical Company

O. KELLEY ANDERSON
President of New England Mutual Life Insurance Company

JAMES T. MOUNTZ
Ropes, Gray, Best, Coolidge and Rugg

JOHN HILL
Vice-President of New England Mutual Life Insurance Company

DR. J. WENDELL YEO
Dean, School of Education
Boston University

JOHN A. BAILEY
Hartford, Connecticut

THE REVEREND E. T. COOKE
District Superintendent, New Hampshire Conference, Southern District

ADNA J. CUTTING
President of Hillcrest Dairy, Worcester

THE REVEREND G. A. HIGGINS
District Superintendent, New England Conference, Springfield District

THE REVEREND CHARLES X. HUTCHINSON, JR.
District Superintendent, New England Southern Conference, Norwich District

H. C. MARDEN
Waterville, Maine

DR. BRUCE S. OLD
Arthur D. Little Company

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DINNER FOR THE CORPORATION

Following the annual meeting of the Corporation, members were invited to tour the new Cancer Research Institute with Mr. Robert D. Lowry, Assistant Director. Explanations were made of the purpose of the building and its equipment by Mr. Lowry and the members of the Institute staff.

Upon completion of the tour, dinner was served in the Cafeteria to about sixty Corporation members and the department heads of the hospital. Each person was invited to go through the regular cafeteria line to see how the food is served at the hospital.

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MEDICAL ADMINISTRATION

The new appointments to the medical administration of the New England Deaconess Hospital for 1952 are as follows:

Chairman of Administrative Staff
RICHARD B. CATTELL, M. D.

Vice-Chairman of Administrative Staff
JOSEPH H. MARKS, M. D.

Physician in Chief LYMAN H. HOYT, M. D.

Surgeon in Chief
LELAND S. MCKITTRICK, M. D.

FRIENDS OF THE DEACONESS MEMBERSHIP DRIVE

The Friends of the Deaconess, the women's auxiliary group of the hospital, invite and welcome each woman employee of the Deaconess Hospital to become a member. Yearly dues are $2.00 and information about the group and membership cards can be obtained from Miss Whitney in the Volunteer office on the first floor of the Baker building.

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TRUSTEE DIES

Mr. C. Adrian Sawyer, Jr., died on January 29, 1952 at his home in Newton. He was president of the Sawyer Construction Company and a trustee of the New England Deaconess Hospital.

Mr. Sawyer's firm did extensive work for the Navy — including the Weymouth Naval Air Station, and it also built many large educational and medical units, and renovated our own nurses' dormitory — Harris Hall. Mr. Sawyer was a member of our Corporation for six years and his service was outstanding to the New England Deaconess Hospital.

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OTHER DEATHS

Mrs. Anna T. White on February 6, 1952, mother of Miss Anna L White, Pharmacy.

Mrs. Catherine B. Gallagher on February 13, 1952 wife of Mr. Michael Gallagher, Engineering.

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BLUE CROSS-BLUE SHIELD REOPENING

April 20, 1952 is the semi-annual reopening date for Blue Cross and Blue Shield memberships in our group. Any employee wishing to join or to add Blue Shield to an already existing membership may do so at this time. Applications must be filed in the Personnel Office by March 15, 1952.

CITY AMONG BIGGEST CONSUMERS OF AEC'S RADIOACTIVE MATERIALS

It is significant that when William E. Playfair, feature writer of *The Boston Herald,* planned his recent article on Boston's use of AEC's radioactive materials, it was to the New England Deaconess Hospital that he came to do his research. What he learned from his talks with our Cancer Research Institute staff and with Dr. Shields Warren and Mr. Russell F. Cowing was incorporated in the following article which appeared in *The Boston Herald* on February 10, 1952:

"Atomic energy is saving more lives in peace than it destroyed in the war.

"In seven Boston hospitals, as in hundreds of others throughout the country, radioactive materials are being used on a large scale for the treatment of patients and research in such diseases as cancer.

"Boston, which pioneered in atomic medicine as far back as 1938, when minute quantities of radioactive phosphorus from the cyclotrons of Harvard and MIT were used for the study of leukemia and other diseases, remains one of the nation's largest consumers of isotopes.

"Almost daily a shipment for one or another of the hospitals arrives at the airport from Oak Ridge by American Airlines, and every Tuesday a chartered plane brings a shipment of short-lived isotopes from the Brookhaven National Laboratory reactor at Upton, L. I.

"The extent of the isotope traffic may be gauged by the fact that Oak Ridge last year sent out some 37,000 shipments, of which more than 16,000 were for medical purposes.

"Dr. Warren, one of the first physicians in the country to become interested in atomic medicine in its cyclotron days, finds the isotopes 'extremely potent tools for research,' although of somewhat limited application in the actual treatment of disease. But they are dangerous tools, and he has had much to do with laying down strict rules governing their handling and ultimate disposal.

"First of all, any institution wishing to use these tools must set up an isotope committee to decide what cases are to be treated and to see that safety regulations are observed. The next step is to apply to the isotope division at Oak Ridge for the required materials. All such applications are carefully studied by an independent committee before they are granted.

"Then one day the hospital gets a telegram from Oak Ridge that its shipment is on the way. Once it was necessary to go to the airport to receive it, but today the express company lands it at the door, either of the hospital or of some processing group such as Tracerlab. This year for the first time the AEC has authorized the 'teaming up' of institutions in a given area, and now Harvard Medical School will receive and process shipments for the various Boston hospitals.

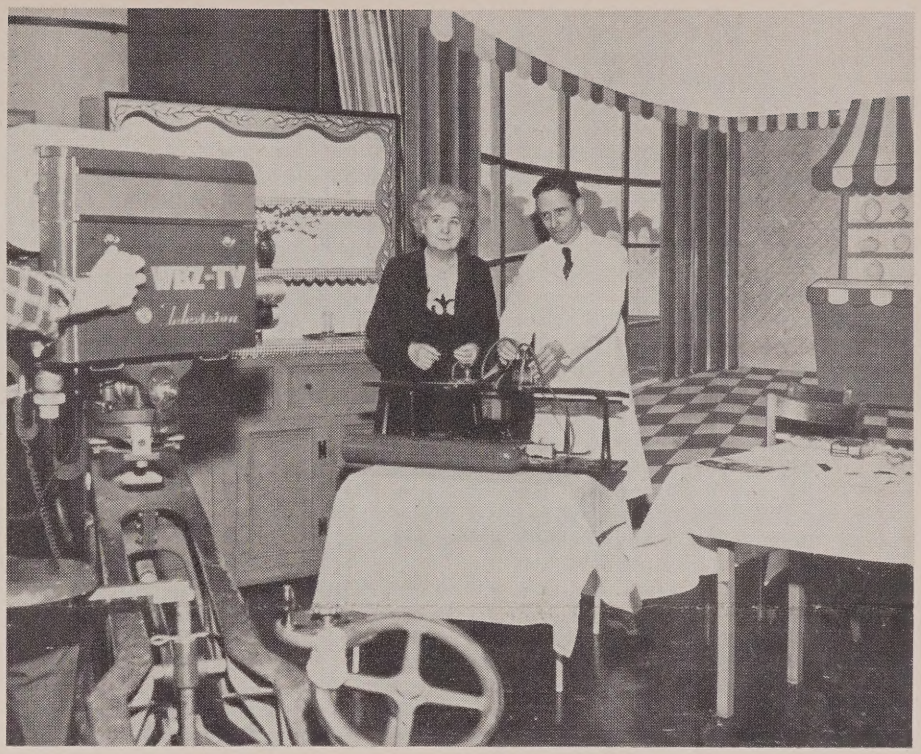
"The radioactive isotopes, which present no travel hazard since they are carefully shielded in lead and cement containers, are sampled twice on arrival. First a check is made to see that they have the desired 'strength.' Then a sample is injected into a mouse to determine whether it is toxic. After this, the supply is divided up into exactly the right dosages for the patients.

"The isotopes may be taken by mouth, or intravenously, or, as in the case of radioactive gold, which is used in advanced cancer, placed directly within the body cavity. The next step is to check the radioactivity of the patient, make sure that the isotopes went where they were supposed to go, and do what they were supposed to do.

"In the case of radioactive iodine and other isotopes with penetrating rays, a complicated arrangement for 'counting' must be used, but simple apparatus will do with others, less penetrating. All the way along the line there is constant monitoring with various types of Geiger counter. No chances must be taken with the safety of the patient, the physician, the nurse, or the public.

"The AEC decrees that isotopes used for cancer research or treatment will be 'free,' but the word is relative. There is always the handling charge at Oak Ridge and the express on the container from that point to the hospital and return. And the express charges depend, of course, on the weight of the container, and that weight depends on the 'strength' of the isotope.

"Take, for example, radioactive sodium, which emits dangerous gamma rays, and which also is one of the most commonly used 'short-lived' isotopes. A shipment of this material weighing less than a gram requires a container that weighs 135 pounds. And the express charge on that from Oak Ridge is $106.



Dr. Ralph W. McKee, head of the Bio-chemistry Department of the Cancer Research Institute was recently a guest star on Polly Huse's television program "Domestic Diary" over station WBZ-TV. In addition to telling about the work going on at the Deaconess' Cancer Research Institute he explained to Mrs. Huse and the television audience about his electric rocker on which are fastened glass vessels containing tumor cells which he is attempting to grow outside of the animal body for study purposes. By learning how to grow cancer cells which are not complicated by the many animal body reactions, Dr. McKee believes that more information can be obtained about the mode of life action of cancer cells which grow in the human body. The electric rocker is used to keep the cells in motion and the gas tank to supply them with oxygen — both actions simulating as nearly as possible actual conditions within the human body. The cells are fed a form of food which is varied from time to time to obtain cell growth. This particular type of tissue culture work is new at the Cancer Research Institute and unique in the cancer research field. Photo by J. Coyne

"A similar shipment of radioactive phosphorous, which is not so penetrating in its radiation, would cost only $15 in expressage.

"Gold is on the free list, too, but it must be sent to a commercial laboratory to be processed into the colloidal suspension used in cancer treatment. And this adds to the expense.

"Some of the isotopes retain their 'strength' a long time. Carbon, for instance, has a 'half life' of 5900 years, and can be shipped by train. But with the short-lived isotopes, such as sodium, whose half life is 14 hours, problems arise in transit. A delay en route may cause the material to lose two half lives. After it gets down to one-eighth of its strength, it is unusable.

"That is why, Dr. Warren explains, Oak Ridge refers to Brookhaven National Laboratory requests for the delivery of short-lived isotopes in this area. Last year Brookhaven supplied 270 radioisotopes for shipment to 26 different research organizations. including Harvard, Massachusetts General, and MIT.

"All of which, as Dr. Warren admits, goes to show that things have grown rather complicated in medical as well as industrial research. It is a far cry from the days when he and a handful of other scientists were experimenting with the few available traces of cyclotron isotopes."

DEPARTMENTAL NEWS

Engagements

Lorraine H. Moran, Nursing, to William M. Thornton, Jr., of Dorchester. Mr. Thornton is attending Northeastern University.

Marriages

Priscilla J. Cole, Solution Room, to Lt. (j. g.) Walter D. Durden, U. S. N., of Graymont, Georgia. Lt. Durden is now serving aboard the USS Columbus, at Charlestown. They were married at the West Paris Baptist Church, Maine, on February 9th

Elaine Dickman, Nursing, to Dr. William Sharpe, Jr., of Minden, Nevada, on January 19th at her home in Newton. They are residing at 9 Aberdeen Street, Boston.

Elizabeth A. Fader, former Solution Room nurse, to P.F.C. Robert W. Boughton, U.S. Marine Corps, on January 19th at the First Baptist Church of Needham.

Births

A son, David James, to W. O. (j. g.) and Mrs. John A. Carlin on January 29, 1952. Mrs. Carlin (Florence Brown) formerly was head of the Department of Surgery. While her husband is in Korea, Mrs. Carlin is living at 3 Court Street, East Greenwich, Rhode Island.

MO'LASSES, a minstrel show, produced by the student nurses, turned up a lot of Deaconess song and dance talent. The show played two nights to full houses and the cast gave its audience a wonderful time. Left to right are: Constance Webb, Carolyn Borstel, Jean Johnston, Mililani Paoa — center, dancing — Barbara Colena, Janice Malouf, Marjorie Pond, Jean Brown, Jean Larson, and Gloria Hodgson.

Photo by J. Coyne

Are You Watching Your Calories?

Obesity may well be one of the greatest problems in preventive medicine in the United States today.

Excessive weight is a dangerous condition which often handicaps a person physically and mentally. We do not know exactly how many people in our population are overweight, but we do know that far too many are carrying around excessive fat. We also know from life insurance figures that overweight people are more apt to develop such conditions as Heart Disease, High Blood Pressure, Diabetes, and other life-shortening conditions earlier than people of normal weight.

Overweight comes from eating more food than the body needs — not from faulty glands, lack of exercise, or family heredity.

Many people are heard to say, "I hardly eat a thing and yet I keep gaining weight." They forget about the "between meals snacks and small nibbles here and there."

The first step in losing weight is to want to get rid of excess pounds. It does take desire, perseverance, and will power. The next step is to consult a physician. Only a physician has the necessary skill and knowledge to determine how much and how fast a person should lose weight.

The third step is to face and accept the fact that weight depends primarily on the kinds and amount of food eaten. It may mean changing life-time eating habits. There is no short-cut, no quick, easy way to lose weight. Proper exercise is good for muscle tone and circulation, but as a reducer, it is more work than it is worth. You need to climb twenty flights of stairs to lose the weight put on you by one extra slice of bread.

So, watch those calories, and if you are having a problem with weight control, come to the First Aid Room for advice.